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ABSTRACT

Effective discipline methods help children become considerate and responsible human beings. This book describes a way to discipline children without using force, fear, or punishment. Following an introduction, the book's seven chapters are: (1) "Learning How To Be Parents," which discusses the difficulties of parenting and the lack of training available for parents; (2) "Bonding: The First Step," on the need for a nurturing relationship between parent and child; (3) "Honoring Our Children," discussing undesirable parenting behaviors, such as criticizing and being sarcastic, and desirable behaviors, such as careful listening and empathizing; (4) "Discipline Techniques That Don't Work," which discusses corporal punishment, humiliating a child, threatening, and other ineffective behaviors; (5) "Discipline Measures That Work," which discusses ignoring minor misbehavior, being firm, using positive reinforcement, and other effective behaviors, including strategies for controlling the child's environment; (6) "Understanding Your Child," which explores child development from infancy through adolescence; and (7) "Launching Your Child: From Theory to Practice," on common problems and situations, such as biting, tattling, potty training, and whining. The book concludes with six appendices: (1) "Ideas for Incentives To Be Used at Home"; (2) "What To Say (or Do) When Parents Abuse Their Children in Public"; (3) "What To Do in the Grocery Store To Help Children Behave . . . Without Spanking Hitting, or Yelling"; (4) "Ideas for Family Behavior Charts"; (5) "How To Build a Child's Self-Esteem"; and (6) "Positive Ways To Encourage Children's Growth." (LPP)

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